

BOW VALLEY RESOURCE

Including Arrowwood, Milo, Queenstown, Shouldice and Mossleigh



Volume 2, No. 9

ARROWWOOD, ALTA., OCTOBER 13, 1932

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First Prize Health Essay at the School Fair

The following health essay written by Mildred Kauffman, was awarded first prize at the Arrowwood District School Fair:

In our life's experiences we find health to be very important. As children we were always warned to abstain from anything which might injure our physical bodies. Then when we grew older we gave health our first thought. It is one true treasure.

Health is priceless. It cannot be bought. What is wealth without health? We could not enjoy our riches if weak physically. What is education without health? When poor physically we could hold no steady position. We would be in ceaseless fear of a nervous breakdown or other trouble affecting as from childhood. Good health is all wealth. Everyone should be particularly careful of the food eaten. From health books, Doctors and other sources, one can secure knowledge of the proper nourishing foods. Without these proper foods our stomach could become a nest of disastrous germs.

First aid is essential. Everyone should have a complete knowledge of the simple methods of treating wounds, burns, cuts, fainting and many other every-day occurrences. Even a slight cut if improperly treated could readily become infected and blood poison or cancer have an easy chance to pursue its course.

Exercise is a decided advantage in constructing a healthy body. Exercise helps to build strong muscles and tissues which will stand the wear and

tear of daily hardships. It is well to remember also that too much exercise is detrimental to the health in that it wears down the body's tissues, thus leaving one weak.

As much as possible keep in mind the childhood training of early to bed. Sleep rests mind and soul and body. After the day's toil we rest, that our bodies might regain their former strength so that we can arise refreshed and healthy.

Our body is a living temple given to us by our Maker. Therefore we should see that we make it a beautiful masterpiece of good health.

P.T.A. Hold Meeting and Elect Officers

The P.T.A. met at the school on Tuesday and the following officers were elected for the ensuing year:

President—Mrs. Lewendon. Vice-Pres.—Mr. H. McCullough Sec.-Treas.—Mrs. R. E. Hale. Vice-Pres.—Mrs. E. Lewendon. Mrs. C. G. Taylor, Mrs. G. Jones, Mr. C. E. Johnson and Mr. E. Lewendon.

The members were so well pleased with the way in which Mrs. W. H. Ellis and Mrs. G. Jones handled arrangements of the hot lunches last year, that they were unanimous in re-electing Mrs. Ellis and Mrs. Jones to fill the position this year.

The sum of \$40.40 was realized from the sale of Jitney dinners at the School Fair.

The P.T.A. wish to thank the ladies who donated the milk for Jitney during the two days of the fair.

Some people try to do some thing and be somebody while others try to do something and be something

Health Exhibit

The monthly well-babies clinic was held at Queenstown on Friday, Sept. 20th, with a good attendance. The next regular clinic will be held on Friday, Oct. 21. All mothers are invited to come and have the baby, and pre-school children, weighed and measured.

The regular well-babies clinic will be held Friday, Oct. 14 in the S. S. Room of the Church of the Brethren, 2 to 5 p.m. All are welcome. The object is to make well babies well.

Miss Davidson, public health nurse of the Marquis Municipality is holding a health exhibit of work done by school pupils, not in any school fair, Saturday Oct. 15th, in the Odd-Fellows Hall in Milo.

A splendid program of Health Plays, demonstrations of First Aid and recitations of Health Rhymes will be given by the School pupils, program to start at 2 p.m. The Awatash School and the Shouldice School will give the Health Rhymes they gave at the Arrowwood School Fair Parade.

Prize List Health Poster

Gr. 1-2..... 1st, 2nd, 3rd prizes
Gr. 3-4..... 1st, 2nd, 3rd prizes
Gr. 5-6..... 1st, 2nd, 3rd prizes
Gr. 7-8..... 1st, 2nd, 3rd prizes
Gr. 9-10-11..... 1st, 2nd, 3rd prizes

Health Essays

Mr. and Mrs. R. H. Bishop and Mr. and Mrs. G. Jones attended the Masonic banquet at Gleichen on Tuesday evening.

Health house made by pupils, 1st, 2nd, 3rd prizes.

There are 24 class rooms taking part.

Local and Personal

Miss M. Newton of Retlaw is visiting her sister Mrs. R. Dahl.

Mr. and Mrs. G. G. Smith and son Clifford spent Thanksgiving at Olds.

Mrs. W. Service and Mrs. J. Hursl leave today for Russell and will return on Friday.

Mr. and Mrs. Paul R. Kauffman and children, from Cluny, were guests of Mr. A. J. Kauffman and family on Monday, Thanksgiving Day.

John Clemens Warden, aged 54 years, who died at Vulcan on Sunday, Oct. 2nd, was a native of Pennsylvania, who came to Alberta in 1909, and following residence for period at Stavely and Carmangay, made permanent location in 1911 in the Reid Hill District, some few miles east of Vulcan.

He was a man of excellent qualities, commanded the esteem of all, while his disposition to service gave him place of prominence in activities in an extended territory. He was a deacon of the Baptist church at Reid Hill for 12 years, served several terms as trustee of the public school, and at the time of his death was in his fourth year as councilor of Harmony municipal district.

Those of the family who survive are Mrs. Grace Warden, the widow; two daughters and five sons, namely, Francis, Eva, Verlie, Jean, Hughena, Boyd, Leslie, Robert, Ralph and Cecil.

GENERAL MANAGER

Born—To Mr. and Mrs. Mark De Witt, on Monday, Oct. 10th.

Mrs. J. Mackie is at present attending Mr. De Witt, at her son's house of town.

Mrs. L. Mackie and Miss L. Spencer were visitors in Calgary on Saturday.

Mr. and Mrs. Omer Larson were business visitors to Calgary yesterday.

FOR SALE—Hector, pipes and board, in first-class condition belonging to H. M. Kerr. For particulars apply F. E. Bell.

The next meeting of the U. S. W. A. will be held on Wednesday of next week at the home of Mrs. R. Hill.

Miss Gertie Lloyd, sister of Tom Lloyd, underwent an operation for appendicitis in Calgary on Monday last.

Bob Anderson opened his pool room and barber shop last Saturday evening, and it is proving the centre of attraction.

Mrs. Habgood of Namaka, mother of Mrs. Nichol of Mossleigh, passed away last Saturday after a lingering illness.

Mr. and Mrs. R. H. Bishop and Mr. and Mrs. G. Jones attended the Masonic banquet at Gleichen on Tuesday evening.

Mrs. E. Lewendon has been granted a license by the Dept. of Public Health, Edmonton, permitting her to operate a private maternity hospital.

Jack Roberts, invincible Gunner Goalie for the past two years, is intending to play the same part for Gleichen this year. We understand that Jack is to be caretaker of the Gleichen rink this winter.

The world cannot exist without faith. There is the faith between parents and children, man and wife, in our business associations, in our government and in the Author of all Things. Those are factors in a field but we should not condemn religion for the wrongdoing of a few.

Thanksgiving Day in Arrowwood was spent very quietly probably due to the inclement weather which prevailed. The roads were also in a very bad condition making travel difficult.

Ladies! Have you tried Flavilla, the new vanilla extract? Many users prefer it for baking, cooking and in making ice cream, as it does not cook, burn or freeze out. Flavilla costs so much less, and you use only half as much as you would of ordinary vanilla extract. You get it at the Drug Store.

The dance at Shouldice put on by the Community Club, last night was another very enjoyable affair. A large number of Queenstown and Arrowwood people were present to make the season's first dance a success. Music was supplied by a Queenstown orchestra, which kept the crowd in hilarity until 1 a.m.

Mr. and Mrs. M. H. Ward were visitors to Calgary on Wednesday.

Mr. and Mrs. Frank Johnson left Wednesday evening for Brant to attend the funeral of the late W. H. Fletcher, who died on Monday, the funeral taking place at Nanton at 2.30 this afternoon.

The Phillip's Hardware are putting on a big reduction sale lasting for eight days. The sale will commence on Friday, Oct. 14th. Everything in the store is reduced and it will pay you to investigate the bargains offered.

Remarks by Judge McIntyre on School Fair Exhibits

Raisin Cake should be level on top, if not it is the result of four mixtures too stiff, too hot or too much baking powder. There are many variations of flour therefore the need of getting acquainted with the flour to be used. Our attitude requires about 1/2 more liquid than some recipes call for.

Soak and drain raisins to avoid raisins from going to the bottom of cake. Cakes should have fine grain, good flavor and color.

Grease only bottom of cake pans. Line with greased paper.

Bran Muffins, very good, require very hot oven, bake 25 minutes and should be fine of grain.

Cottage Cheese, make stiff to stand, not watery, little sugar improves flavor.

School Lunch, very good lesson to girls pack attractively add milk or soup do not advocate much cocoa. Lunches containing pastry or strong drink should not be expected to receive a prize, use more whole wheat bread in school lunches; when possible use fresh tomatoes, soups, pastries, etc. Plain cakes, no pastry.

Date loaf, to be of fine grain not too stiff.

Baking powder Biscuits, Girls exhibit in your own class.

Broad, excellent, would like to see more brown bread exhibited.

Candy, excellent
Magic Baking Powder Cake Recipe not enough for three layers, use two layer.

Canning, opened for flavor.

Hemmed towels by 7 year old girl unusually good.

Knitted scarf very good.

Doll dress very good.

Slip-over apron, only one, not made by the instructions in School Fair Bulletin, awarded third prize, should have button hole on belt.

Patching, best seen this fall. Barning, of good quality. Bed room set, very good.

First prize set excellent Knitted mittens, only one pair.

Knitted scarf, none exhibited.

Thrift, One of the best inspected flour and sugar sacks class articles well worth while. Dresses in this class best ever seen. Articles from old wearing apparel, congratulations to girls, this class liked best by the judge.

Judge McIntyre encouraged the local committee to continue with the annual School Fair, it being worth while and of such great value to the children. As can be seen from her remarks our school fair has been of high class, not standing below other fairs in the province.

Miss McIntyre has left a list of articles that were on exhibit that she would like to have sent to Olds to display with other articles to be taken from other school fairs of the province.

This display will be in March at the Olds School of Agriculture.

One of the local committee is in charge of this list.

TRAIN SCHEDULE AT GLEICHEN

No. 1 Westbound	5:10 p.m.
No. 3 Westbound	8:50 a.m.
No. 2 Eastbound	4:32 a.m.
No. 4 Eastbound	7:23 p.m.

Arrowwood Market Prices

Wheat

1 Northern	28
2 Northern	26
3 Northern	25

Oats

2 C.W.	11
3 C.W.	8

Flax

1 N. W.	47
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Butter and Eggs

Butter, per lb.	22
Eggs, per dozen	18

Calf Guiltation on Livestock

Steers

Good and choice	\$3.25
Medium	2.50
Common	1.50

Heifers

Good and choice	3.25
Medium	2.25
Common	1.25

Cows

Good	1.75
Medium	1.25
Common	1.00

Lambs

Good handy wgt.	4.25
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Sheep

Good handy wgt.	2.00
Select bacon	4.30
Bacon	3.80

Hogs

Butchers	3.30
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A Prized Asset

Alberta Pool Elevators have the best balanced system in this province.

Alberta Pool Elevators are financially responsible in every way.

Alberta Pool Elevators have a carefully trained staff second to none in efficiency.

But their greatest asset lies in the widespread confidence Alberta grain growers have shown in

Alberta Pool Elevators

The Alberta Pacific Grain Company Ltd.



COMMENCING business in the North-West Territories in 1901—four years prior to the formation of the Province of Alberta—The Alberta Pacific Grain Company, and predecessor Companies, carried on a long line of business in the grain trade.

A. P. G. S. Company, Limited, under the able management of John J. McFarland, conducted business in 1901.

The policy of fair dealing with all farmers, the growth of his Company kept pace with the growth of the grain trade. In all its three decades of dealing with the grain trade, the Company has never failed in its obligation to its customers to be a pioneer of Alberta who drew the first bushels of grain they produced in the Province to an "A.P." elevator.

FAIR DEALING with its customers, coupled with competent office and field staff; efficient physical grain handling equipment and desire and ability to meet the demand which can be obtained for its grain, has brought the "A.P." system its humble beginning in 1901 to its present position in the grain trade of Canada.

The policies of the "A.P." today are and will continue to be, those of the founder of the "A.P." system.

J. J. McFarland
GENERAL MANAGER

Outstanding Value—Always

"SALADA"

TEA

"Fresh from the Gardens"

The Price Of Wheat.

Saskatchewan is the great wheat growing province of Canada. In nearly ten years it produces more wheat than any state in the United States, and more than one-half of all the wheat grown in Canada, and Canada is one of the great wheat exporting countries of the world. Wheat is not only the principal industry of Saskatchewan, it is to a large extent the basis of the province's wealth. It is the chief factor in the welfare of all other business and industry depends. It is, therefore, a vital sanitary matter when the price the farmer can obtain for his wheat drops below the cost of producing it, and today yields him on these prairies only some 30 cents a bushel. Why is this?

Dr. J. T. M. Anderson, Premier of Saskatchewan, recently stated he could see but little hope and little chance of a general price in view of the fact that Germany, France, Italy, and even Spain were growing sufficient for their own needs. He expressed the belief that the only remedy lay in a conference of leading wheat-growing countries of the world to arrange curtailment of production.

Mr. James G. Gardner, leader of the opposition in the Saskatchewan legislature, has in speeches delivered by him, outlined the reason why these European countries, which formerly were large importers of Canada's wheat, are now growing it themselves. He said: "It is not because the wheat is not good, it is not because it is economically profitable for them to do so; quite the reverse is true. France today is devoting lands to the growing of wheat which formerly grew grapes to be made into wine, and which if still devoted to vineyards would yield larger profits. Germany likewise is devoting large acreages to wheat growing that could and formerly were put to much more profitable purposes. The same is true of Italy, Spain, and other European countries. And the question persists: Why?"

The wheat-growing countries of Europe are still suspicious of each other; each convinced that others have designs upon them and only await a favorable opportunity to wage war upon them. The world could disarm tomorrow if it were not for the prevailing fear in the minds, not of statesmen alone, but of all the people of Europe. They expect war and are preparing for it; hence they will not disarm, but are strengthening their armaments.

And when war comes, as they are convinced it will come sooner or later, the resisting power of any country will depend upon the degree to which it can feed its own people. Germany learned that great lesson in 1914-18. The people of France can live without grapes and wine, but not without bread, so former vineyards are now given over to growing wheat and other grain. The same has been done in both the wheat fields and in the production of less essential things have been discontinued. In the Soviet Russia is putting forth almost super-human efforts to raise enormous quantities of wheat to sell abroad in order that it may buy back machinery, electrical equipment, chemicals, minerals of all kinds, and thus create enormous industries which can, when required, be converted into munition p'ants. The men on the large state farms in Russia who are operating farm tractors are at the present time being taught the mission of tank for war purposes. They will be trained and ready to switch from the tractor to the tank. The same thing in varying degrees is taking place in all continental European countries.

It is a price exacted by "Fear," and the nations are prepared to pay the price. The heads long since severed from the bodies of the wheat growing which once could be used for other purposes, will result in Europe no longer needs to import quantities of wheat, and the prairie provinces of Canada, whose primary business is wheat, find the old markets upon which they relied closed to them, and themselves in the position of being unable to sell at a price which will cover the cost of production, let alone a profit.

The Canadian people themselves cannot change this condition. It cannot be done by moving our Customs tariff up or down, or by inflation of currency, or by nationalization of banks, socialization of industry, wring off of debts and interest charges, because, if the prairie farmer was freed of all debt today he would begin getting into debt again tomorrow if he went on producing wheat which he could not sell except at a price below what it had cost him to produce.

It is the Canadian people, and especially the prairie people, who are the ones to blame. The Canadian people themselves can do nothing to change this condition. Canada today is the fundamental one. "Fear" is that fear could be re-established, European countries would dislodge non-profitable wheat growing and go back to the production of those things which would yield them more substantial returns; they would again buy wheat instead of raising it, and would be able to pay a good price for it out of the profits of their other industries. The Canadian people themselves can produce, and formerly did produce, to better advantage than other countries.

What can Canadians do in the matter? Only this: Resist every tendency in the direction of a narrow nationalism, and encourage a broad internationalism, because extreme nationalistic feelings and ambitions on the part of one nation develop fear and a like feeling in all other nations. Every time a racial or religious prejudice is emphasized, fear is raised in the minds of some one nation, and another nation seeks to advance its own interests at the expense of another nation, suspicions are aroused and fear grows. One reacts upon another, and suspicion, antagonism and fear grow like mushrooms in the dark.

The world is paying an awful price because it is filled with "Fear." Let us help both nationally and in our daily individual thought and actions to dispel this fear.

Has Taken Long Time

A compact volume, containing all the laws of the city of Montreal, will be issued shortly. The book, first morted in 1896, drafted in 1910 and now to be put into print, is said to be the first step towards a drastic town planning programme. S. Fortin, city expert, has devoted his whole time this year to compilation of the manual.

Prince Of Wales Thoughtful

Royal courtesy is always apparent in the conduct of the Prince of Wales. During a hot spell, recently, when the sun was blazing on the sunny's best day, the Prince, noticing that his son, the Duke of Gloucester, was sweating, for the time being, the sunbather transferred his heat to the other side of the court, where there was some shade.

Pains In Stomach and Bowels
So Bad Would Have To Sit Down

Mrs. G. Landry, Montreal, M.D., writes: "It is certainly recommended Dr. Fowler's Extract of Wild Strawberry for cramps or pains in the stomach and intestines."

"Last summer I had such awful pains in my stomach, and lower part of my bowels, at times, I would have to sit down. I took Dr. Fowler's Extract of Wild Strawberry and soon found relief."

"When my children were small I always kept a bottle in the house and it helped them wonderfully whenever any of them had bowel complaints."



Record Hard To Equal

Newspaper Correspondent Wrote Out Long Speech From Memory

Long speech from memory was performed by Mr. Orton Fawcett, the English writer who lives in New York and writes a column of anecdotes, says that Stephen de Blowitz, famed Paris correspondent of The London Times, in the past, broke all records. According to him, J. T. Delane, editor of the "Times," had been visiting Paris and with de Blowitz heard the French Minister of Foreign Affairs deliver a long speech from memory, he said.

There were no arrangements for reporting such matters in those days. Delane remarked to de Blowitz, as he was taking a train for London: "If we could record that speech from end to end in tomorrow's paper, what a glorious thing it would be."

After his editor departed de Blowitz reasoned he could remember the speech, word for word. He wrote it out and cabled it, and Deyane found it in the columns of The Times when he reached London. It was an accurate report.

NOT A PAIN AT 78

She Feels Like 48

Aches and pains are not inevitable in old age, but when they do come, there is always a reason for them. Here is a little advice on growing old. Here is a woman of 78:

"For the last five years I have taken Kruschen Salts. I am 78 years old and still live like a young person. I have no aches and pains, and I feel like a young person again."

Many people grow old long before their time because they neglect one vital need of health—the need for exercise. Exercise is the best way to start the healthy Kruschen habit.

Then, probably for the first time in every day of all waste matter from the system. And almost immediately you will feel energetic and happy. In a word, they've got that "famous Kruschen Feeling."

Western Canada Flowers

Manitoba Ships Lily Bulbs To The Old Country

Frank L. Sherrill, the Hardy Plant Nurse, Dryden, Man., who made several shipments of lily bulbs to the Old Country and all parts of Canada has recently received a letter from W. A. Constable, Kent, England, in which he writes: "I am very glad to have had received favorable comments concerning his lily from various enthusiasts who saw his spike at the R.I.S. show and also from Abe Souillet, in France, who was particularly struck with the bulb. Constable presented these lily bulbs to be shown at the lily conference in London next year."

If Miller's Worms Powder needed the support of testiment, they could not be more convincing than when the great virtue of this excellent medicine is demonstrated.

But the powders will speak for themselves. You can't say that there can be no question of them.

They act speedily and thoroughly, and when you are in doubt, when they are administered will show improvement from the first dose.

Brothers Widely Separated

Charles Grant of Loveland, Colorado, one of three brothers, triplets born in Scotland, recently celebrated his 92nd birthday.

The other brothers, James and John, live in Australia and Hong Kong, China, respectively.

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Deserves Censure

We regret to report that the Toronto Star is guilty of suggesting—a patent medicine exhibition of girls—such a snuff of success that we must say, "we were much struck with Miss Blanche's spruce bathing suit when we cedar in."

Blanche's Tint, dipped in cedar oil, is one of the most wonderful things I ever saw. I am sure all my mother's friends will be wonderful. I got a package of Diamond Tint, dipped in cedar oil, and when I used it, I was much struck with Miss Blanche's spruce bathing suit when we cedar in."

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Christie's PREMIUM SODA CRACKERS

Crisp, light, flaky and slightly salted. Irresistible. Once the family starts eating them... be sure the supply doesn't run out.



"I'm glad you bought plenty of Christie's Premium Soda Crackers... because, with soup, they're about all we'll need for a good lunch."

How Calendar Was Corrected

Eleven Days Cut Out Of September
In 1752

September had only nineteen days in the year 1752, as you will see if you look with the aid of a calendar book and ask for a copy of Rider's "British Merlin" for that year. The British Merlin was Whitaker's Almanac at that time.

Such a calendar was needed for a rather curious reason. Until 1752 Great Britain used the Julian Calendar. The compiler of this calendar many centuries before had not been able to measure exactly the length of a year.

The year was too long by about 11 days on the error grows and grows, and if some change had not been made we should eventually have been slating when it was mid-summer, according to the calendar and sun-bathing at official functions.

Something had to be done, and it was decided to cut eleven days out of September in 1752, and then to adopt a new calendar which would render the year more in line with the sun.

This step produced a rather sensational agitation. Many people thought they had been robbed of eleven days of their lives, and there were hostile demonstrations in many parts of the country.

You said it!

it pays to

"ROLL

YOUR

OWN" with..



Thousands of delighted smokers say it because they have proved it; time and time again.

You can get at least 50 cigarettes with a 20¢ package of Turret Fine Cut cigarette tobacco.

And every cigarette you roll will be to your liking. The more you roll, the more you'll enjoy them.

15¢ and 20¢ packages
—also in 3 1/2 lb. vacuum tins



FREE Chanticleer Cigarette Papers with every package.

TURRET FINE CUT Cigarette Tobacco

Paper Selling Profitable

Stand Under Favourable Circumstances
Can Make a Good Living

With the late Edger Wallace, three up his job of selling newspapers in Ludgate-Circus to join up for the war, he sold his pitch to another newsboy for the modest sum of 10¢. He met the lad some years later and asked him if he was still a newsboy. "Fine," was the rejoinder, "but you give me a mug to my for 10¢; it was worth more than that."

Apparently, under exceptionally favorable circumstances, can become very valuable. A news-seller in the city of London, who quite naturally was offered no less than £1,250 for his pitch. The explanation was that apart from selling papers in the street, he also sold oranges, apples, and delivering messages and money.

Standing at the street corner, shouting out the news of the day, no one would have suspected that he was a man of some substance. But he had a pleasant little house in the suburbs and he kept his own gardener to war.

Chinese Have Issued Unusual Document

Only Nation That Ever Published
Battle Balance Sheet

A remarkable and possibly unique document has been issued from Nan-

king. It is the audited balance sheet of the Nineteenth Army which commands the Chinese Communist Army when the might of the Japanese army was hurled at the Chinese last spring.

The accounts show that the Chinese received about \$11,000,000 in Chinese money to carry on the fight. It came from the purse of the world's largest spender, the Soviet Union.

Contributions from Hong Kong contributed liberally. Wages and bonuses absorbed over \$5,000,000, new equipment cost \$1,200,000, and after all expenses were paid there was a balance of \$4,800,000, which, maybe, has been put aside to further defence measures against the Japs.

There are two extraordinary features about this "battle balance sheet." The first is that it has a balance sheet and the other is that despite the manner in which a battle saps up money, and the stupendous fight which the poorly equipped Chinese soldiers put up against the modernly equipped Japs, there was a "profit" on the war.

There will be a valuable supplement to this by a series of financial figures that already exist. Such studies as these are steps toward a planned economic life of the nation in which a depression would be anathema. They are the basis of a programme to under the foot of a hammer. Planning on a national scale is manifestly a most complex problem impossible of solution unless full and current data are at hand.

Science will play its part in future planning, but in the meantime, for predicting human needs, as well as better and easier methods of fulfilling them. Some of the hardships of today are due to the inability of relationships among human beings and machines to keep up with the fertility of applied science.

Nowhere is there a complex balance sheet of civilization needed more than in the difficult and basic adjustments of our economic structure in progress.

Look for a balance sheet of depression without a complete picture of just what is happening as a panacea as surgical operations performed in the dark.

The demand will be for more infor-

mation and analysis before economic practices are written. Then there will be less danger of killing the patient while is our body politic.

—Science News Letter.

Dawn Patrol For Appetite

Members of the Brooklands Aero Club, near London, have formed a dawn patrol to get up an appetite for breakfast. The flying enthusiasts gather at dawn and for a short time before breakfast, it being any sort of exercises for creating an urge for the morning meal.

As Idealists' Haven

Young People's Society To Establish Colony on Pacific Coast

The "Canadian Young People's Co-Operative Society of Alberta and Saskatchewan" will establish a colony on the Pacific Coast with the declared purpose of providing a home for young men and women of ideals will have the opportunity of attaining their highest fulfillment by living according to the laws of nature."

McBryde and A. C. Morris of Jasper, Alberta, and Dr. McPherson of Jasper, Alberta, are to look over possible locations, have completed their survey and it is believed they will recommend Sooke, Vancouver Island, on the site of the systematic establishment after the war to be undertaken by the Society.

The deserted halls, houses, workshops and dwelling places, vacant since the British students broke up their community five years ago, are ready to be taken over.

It was expected here the first group to go to the Vancouver Island site would be composed of members from both Alberta and Saskatchewan points.

It was someone's mistake to the first place not to put Ireland where Ireland was, or in that general hemisphere.

A Scotch couple got married, he was fond of horses; she was fond of music. So they spent their honeymoon riding on a mucky go-round.

—Dr. Williams.

BABY'S OWN TABLETS

"I found that BABY'S OWN TABLETS relieve colic pains almost at once," writes Mrs. Mildred Noddin, Long Creek, N.B. Many other Mothers report similar success in relieving their children's troubles. BABY'S OWN TABLETS are recommended by Dr. Williams. You can give them with absolute safety—see his certificate of safety on the package."

Production of secondary crops in Colombia is increasing.

Relieve that pain safely

You can always relieve that ache or pain helpless with Aspirin. Even though deep-pain is pain that the systemic pains so many women suffer. They will yield to these uses. Read the proven directions in every package; Read and endure any pain you can stand. It is safe, it is effective.

Keep a bottle of tablets in the pocket or the pocket tin if subject to unexpected headaches, sudden aches. Quick relief, without any danger to the body, without depressing the heart. Just look each time for the name Aspirin and the words "BABY'S OWN TABLETS."

Every druggist has Aspirin, and if you ask for it by that name you are sure to get relief. "Aspirin" is a trademark registered in Canada.

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FIRESTONE

The Only Gum-Dipped Tire
on The Market



Call In and See These Tires

Smooth Tires and Slippery Roads are a Bad Combination

Larsen Implements

House of Service

Use Firestone
Tires and
Enjoy the
Extra
Strength
Extra
Safety and
Extra Service

UNUS SOLUS

Regular Meeting Arrowwood Council

Every Firestone
Tire carries a life-
time guarantee
against any defects
in material and
workmanship.

A meeting of the town Council was held in the town office on Wednesday evening, Oct. 5th. Councillors Leonard and Lewendon and the Secretary being present.

The meeting opened with the reading of the minutes of the last session and on motion by Councillor Lewendon were adopted.

Correspondence of the last month was dealt with, consisting of letters from Issuing Authorities re the change in the meaning of "resident" in the Relief Act, and a letter from the Calgary Power Co. advising them of the appointment of Don Robertson as local manager for this district.

The following accounts were presented:

Revelstoke Sawmill \$16.90
T. S. Board 26.00
Geo. Duncan 9.15
School Taxes 13.42

Moved by Councillor Lewendon that the above accounts be paid, also two months of the street lighting account.

The Secretary was instructed to communicate with the out-of-town representatives, reminding them that this is the last month in which to submit the 5% discount on village taxes.

Owing to the fire buckets at the fire hall having dwindled from twenty to about two, Councillor Lewendon moved and it was carried that any one caught taking a fire bucket from the hall for any purpose other than that for which they were intended, will be prosecuted, also that the caretaker be instructed to keep the pump house door locked and put the wire netting screen back in its place on the north side of the pump house, by the tap.

On motion by Councillor Leonard, the Council adjourned.

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For notices of publication, must bear the writer's signature, not necessarily for publication. We do not necessarily endorse the opinions of our correspondents.

NORMAN G. CARY,
Editor and Publisher.

Times Do Change

The work of the General Council of the United Church which met in Hamilton during the past two weeks has been gaining front page columns even in our western papers. The work covered has been wide and a measure of depth has marked her many activities. Naturally the economic issue has been to the fore and we understand that the field staff of the church will be considerably and that some adjustments will be made in the headquarters in Toronto. But her attitude on the general economic conditions is most significant.

Not so long ago a young man who has since gained high rank outside of the church, was delegated a commissioner to the Council. During its sessions he proposed a resolution stating that industries should be conducted from the standpoint of employment rather than profits. The head of the Pub-

lishing House, the late Dr. Fullis, won't let him rough it and the great majority of the Council were against the idea. But this year's Council is asking of its members and adherents this very thing.

The longer one follows closely the movements of the various churches, the more assured one becomes that organised religion is coming closer and closer to the ideals of Jesus. The process has been very slow and the inconsistency between "the Christian religion and the religion of Christ" has been most glaring. But at that, the church has come closer to the practice of the principles of Jesus than any other institution and the more hopeful side is that she is taking more seriously than ever before the task of keeping her own door step clean.

UNUS SOLUS

Here and There

Popularity of Canadian apples abroad has notably increased, and last year apple exports to Europe from Western Canada reached a record of 171,500 boxes, as compared with 560,000 boxes in 1930. Fruit growers are anticipating an even larger crop this year.

H. V. Dandurand, formerly Traveling Passenger Agent, Canadian Pacific Railways, has been appointed District Passenger Agent, Algoma District, North West. On his retirement after Mr. Dandurand has had a long and successful career with the Canadian Pacific, he now receives congratulations on his most recent promotion.

Numbers of anglers returning this year from the Mackenzie report having experienced exceedingly good bass fishing. This year the best catch was a 20 pounder from Cincinnati, Ohio, who recently visited the lake fishing waters of the Mackenzie River and of Manawak, according to A. O. Seymour, General Tourist Agent, Canadian Pacific Railway.

Anglers are advised to take care when fishing in the Mackenzie, as the best catches are very plentiful. Most fish are hooked on the line and gill graps.

26 LIVES LOST IN ABLERTA BY FIRE!

This was the Toll of Human Lives in 1931

Added to this was—

Property loss totalling more than \$3,000,000.
Forest Fire loss totalling more than \$800,000.00

Help Us Fight this Great Public Enemy

Some of the Causes:

- A neglected camp-fire.
- A mother's clearing fire.
- A carelessly handled burning straw stack.
- A lighted match heedlessly flung.
- An improper use of gasoline and kerosene.
- A yard or building full of rubbish.

These and many other causes result often that snuff out lives and do untold property damage.

Issued by the Government of Alberta

Fire Service Branch,
Department of Land,
and Mines

Fire Commissioner's Office,
Department of the Treasury

We Can Supply You With

Cards
Posters
Envelopes
Bill Heads
Statements
Memo Heads
Letter Heads
Butter Wraps
Loose Leaf Work

Bow Valley Resource

Try a "For Sale" Adv't in the Resource

WAGIN' TUNG

Vol. 2, No. 9 Arrowwood, Oct. 13, 1932 Items for That

Why Not a Little Gravel?

The muddy roads for the past week have brought to us forcibly the necessity of a little gravel for our streets. When we drive into town big mud holes are everywhere. Molesleigh, he finds an trouble to navigate on their gravelled streets. Why not let Arrowwood follow this good example and get busy and make our streets passable? We hereby agree to gravel our part—now who will be the next to throw his hat into the ring?

With the approach of winter the fat is brought to our cattle and arrangements must be made for winter stock feeding. Don't forget that chopped or rolled feeds produce faster and greater gains at a more economical figure. See us for your needs in a grain chopper, or better still let us show you the advantages of the Letz Roughage Mills.

The only excuse for singeing in the bath tub is a defective lock on the door. The only excuse for your motor failing to respond on the hills or not giving satisfactory mileage is that you are not using British American New Green Sulphur Gasoline. Drive up to our pumps and get a fill of this new invigorating, pep-producing vitaminine for your car.

You need all the profits from your herd to help make it count at these depression prices. There is a no better way to skim these profits off than by using a Ronfrew Cream Separator. Ask for a demonstration.

Farmer: "No, I couldn't think of charging to see the older. That would be bootleggin' and raise the Lord I ain't come to that yet. That peck of potatoes will be five dollars."

Fill your crank case with Autolones, the life savers for gasoline engines.

Good Equipment Makes a Good Farmer Better

Larsen Implements

"House of Service"

ARROWWOOD and MOSSLEIGH

Choice Meats

Always Fresh and at Reasonable Prices



You will always find the right cut to satisfy you

J. Hesketh

Arrowwood Alta.

Let us order your
COUNTER CHECK BOOKS

Come in and see our
samples

BOW VALLEY RESOURCE
Arrowwood

Clocks, Watches, Spectacles,
Sewing Machines,
Typewriters and Gramophones

Cleaned and Repaired by
an Expert Workman with
40 years' experience in
the Trade.

If you are contemplating the purchase of a new watch see me before doing so.

A. ANDERSON
Arrowwood



Sales and Service, H. Anderson, Arrowwood